

Life and Love

Rene and Stan Shingles share unconditional support for over 30 years



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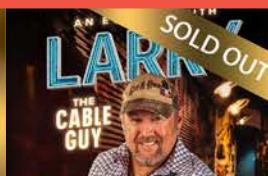
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Staff Photographer | Marie Underwood

Redshirt senior Tracy Hubbard has his hand raised during a meet against Kent State Sunday, Feb. 5 in McGuirk Arena. Hubbard won in the first period with a pin to give CMU a 6-0 lead.

On the cover

Staff Photographer | Sophie Paar

Stan and Renee Shingles share a moment, Monday, Feb. 6, in Ronan Hall. The Central Michigan University leaders have been married since 1992.

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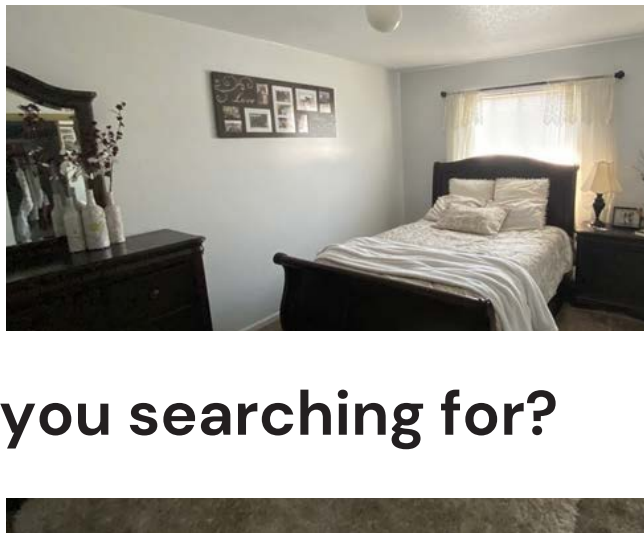
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'I got your back': Stan and Rene Shingles' love story



Sophie Paar | Staff Photographer

Stan and Rene Shingles pose for a portrait on Monday, Feb. 6 in Ronan Hall. Both of them work for CMU.

By Masha Smahliuk
Staff Reporter

The day after Valentine's Day, Feb. 15, 1986, Rene Shingles came to her sorority sisters' party wearing a beautiful dress, makeup and had her hair done.

She was there to look for a boy who smiled at her in a hallway of Illinois State University (ISU). Stan Shingles asked his friend about a girl who impressed him. Her name was Rene and she was going to the party.

Stan and Rene met that night, and the connection they made

has lasted decades.

Stan is Assistant Vice President of Student Affairs at Central Michigan University. Rene is a faculty member in the School of Rehabilitation and Medical Sciences. Stan and Rene have been working at CMU for over 30 years. They have been together for 37 years and married for 31 years.

"It's been an interesting life," Stan said. "It's been a full life."

Stan and Rene met in Normal, Illinois. Rene was getting her master's degree at ISU and working as an athletic trainer. Stan was studying part-time and

working as a program director in a community center.

Love at first sight

Stan said he attended a football game and saw Rene there for the first time.

"It was very uncommon at that time to see a Black woman working as an athletic trainer, especially for football," Stan said.

Stan said he then began noticing her around campus a couple of times, but never got a chance to talk to her. Stan said he decided to ask his friend, Kevin, who worked with Rene, about her. Stan said Kevin offered to invite

them both to a party.

When he invited her to the party, Rene said Kevin retold the story of Stan seeing her in the hallway.

"Maybe I need to figure out how to get there," Renee said about the party.

Rene said she decided to go to the party, but their mutual friend couldn't come, and Rene said she worried Stan would not recognize her.

At some point during the party, Renee went to use the bathroom and saw Stan standing outside the door.

"10 cents to get in, \$10 to get

out," Stan said to Rene.

Rene said she did not have \$10, so Stan said she had to dance with him.

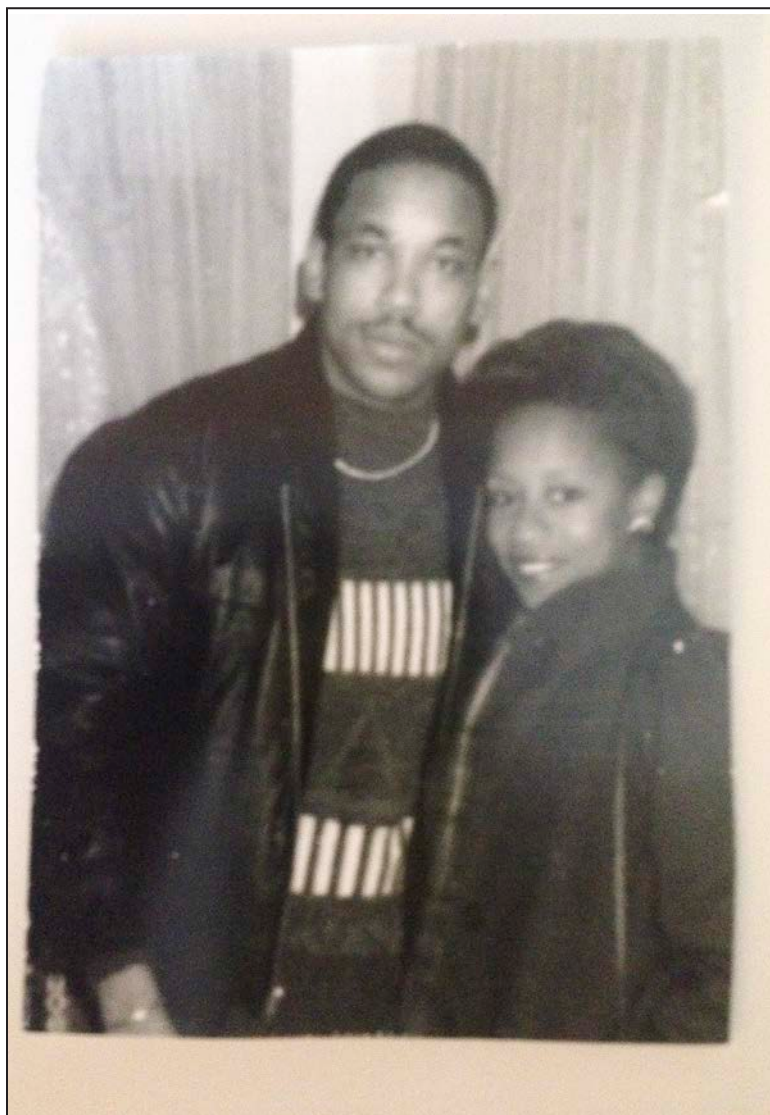
"It was a party. It was really loud," Stan said. "We danced, we talked a little bit, and she gave me her phone number."

That same week, Stan said he called Rene and invited her to come see his basketball game. After that, Stan and Rene decided to have lunch together.

The first date

Stan said they had their first official date in Red Lobster.

"I just remember sitting across from her and she ordered crab



Courtesy of Stan Shingles. Stan and Rene, 1986 in Chicago.

Six years of long-distance

Rene and Stan did not have internet or cell phones at the time they were dating. Rene said they used house and office phones but it was expensive to call. She had to call after 11 p.m. when rates became cheaper. She said they talked for 15 to 20 minutes each time.

"We called, we talked regularly," Rene said. "We wrote letters and cards. I still have every card he's ever given me."

After Rene finished her internship, she got a job at the University in Northern Iowa. Stan, at that time, worked at Northern Illinois University (NIU).

Rene said they visited each other and traveled together. For one spring break, they went to Orlando, Florida.

Rene said the distance between them helped her grow closer with her step-son, Lamar, who she met when he was three. She calls him "a son of my heart".

"I came into a father and son. They were a package deal," Rene said. "I couldn't love (Lamar) more."

Lamar lived in Illinois, and on Rene's way to Mount Pleasant, she picked him up and they would drive together to Stan. Sometimes they drove with Rene's friend, Angela.

Rene said now Lamar is 40. Rene and Stan have two grandchildren. Lamar went to CMU,

and he met his wife there. Rene said Angela was a wedding officiant at Lamar's wedding.

After four years of dating and two years being engaged in a long-distance relationship, in 1992 Rene and Stan decided to get married. Stan said they had a destination wedding: with a reception in Illinois and North Carolina.

"We're getting married, and we'll figure out the career thing along the way," Stan said.

Work and love balance

"Our careers are so important to us," Stan said. "I've seen a lot of our friends and colleagues who didn't make it in their marriage or in their relationship, because they didn't share the same understanding of how important those things (careers) are."

Stan said they have always been supportive of each other's professional journey. For example, when they were still dating and Rene left to South Carolina, Stan finished his work in a community center and decided to go studying full time and get his master's degree.

"I was just sitting in my office and ... I said, 'I don't want to do this anymore. It's time for the next phase,'" Stan said. "I remember calling (Rene) and you know, she said, 'If that's what you want to do, go for it, I got your back.'"

Stan said it was important for him to have Rene's support

because his parent's didn't agree with his decision in the beginning.

Later, after Stan graduated, he received a phone call from CMU, where he was offered a position as assistant director for intramural sports. He said he called Rene and received her full support again. Stan started working at CMU in 1989.

"She goes, 'Oh, Central Michigan, you know, had the first accredited sports medicine program.' And of course, she learned that from her classes," Stan said. "So now here's this historical connection of it."

Stan said he thought that CMU might have an opportunity for Rene as well.

"We were building the Student Activity Center, because that was under construction, and that's what really piqued my interest was this was going to be about serving students," Stan said. "It was gonna be student centered. We walked through campus, everybody was friendly. And in the back of my mind, I just kept saying, 'There could be an opportunity for Rene.'"

After a couple of years, this turned out to be true and Rene joined CMU's faculty. Since then, the couple has always been together.

Rene said recently she remembered their first date, and things that they have accomplished together since.

"We were at home, having dinner and it was kind of this conversation of ... we're looking to the light that happened, when we talked about that first date of 'what do you want to do when you grow up,'" Rene said. "We have said, surpass that, Stan is now an assistant vice president, I became a department chair, as well ... You look at those career milestones and go, 'Wow, who would have thought that.'"

Rene said this Valentine's Day they will spend together, at their home, relaxing.

"Some quiet time," Rene said. "Figure out what we want to eat for dinner and have a nice evening."

legs," Stan said. "And she was sitting there trying to eat crab legs with a fork..."

Stan said they talked about their career plans. Rene went to intern in South Carolina, after she graduated in 1986.

"She started talking about 'I want to do this, I want to do this' ... several times I said (to myself), 'Oh, she does all of those things and she's probably going to be pretty successful,'" Stan said. "That's pretty ambitious."

Stan and Rene continued dating and in April 1986, they went to Stan's home city of Chicago to see a Luther Vandross concert. Rene liked Chicago. Being from North Carolina, it was her first time there. During their visit,

Rene met Stan's family.

"I really hit it off with his mom," Rene said. "She reminded me a little bit of my mom, so we had really good conversations. It was good."

Stan said later that spring he drove Rene to North Carolina, and in South Carolina, she started her internship.

"He's been supportive of me, because we've been together since I've been in graduate school. He knew what I wanted to do along the way, and has supported me along the way in those things. (He) has turned down opportunities because it was an opportunity for me at that particular place, and vice versa," Rene said.

“

It's been an interesting life," he said.
"It's been a full life."

”

Stan Shingles
Assistant Vice President of Student
Affairs

Becoming an advocate, ally and activist

By Ally Meske
Staff Reporter

“You can be a changemaker no matter your age, your major, your passion, or position,” Ku’Janna Quinn said.

Quinn, a Central Michigan University junior, held the event “If Not You, Then Who,” a panel of Black faculty members and community leaders, to help students unlock their potential to be allies, advocates, and activists.

The panel was held at 6 p.m. on Feb. 6 in the Sarah R. Opperman Auditorium in Park Library. It was the third of over a dozen Black History Month events.

The event, open to students, faculty and staff, created a space for attendees to ask questions about their experiences with the three A’s: allyship, advocacy and activism.

“I wanted to hold this event because in college life, we don’t talk about the three A’s (allyship, advocacy and activism). We assume we have to be older to start talking about them and putting them into practice when we can start now,” Quinn said.

The panel consisted of four CMU faculty members: Assistant Director of Mentoring Initiative in the Multicultural Academic Student Services (MASS) Jewel Larkins; Assistant Director for Undergraduate Admissions Wade Tomson; Assistant Vice President of Student Affairs Stan Shingles; and Vice President and Chief Diversity Officer Shawna Patterson-Stevens.

The following questions were asked of the panelists. The answers are edited for content length and clarity.

When did you first experience or witness any of these terms (allyship, advocacy and activism) growing up?

Larkins: I would say my first experience with advocacy was when I was in elementary school. I grew up in a home that experienced quite a bit of domestic violence and to see not only myself, my siblings, my mother, but ... those who rallied around her because they were passionate about us getting out of the situation. That was the first time I experienced it. Today, I would definitely say I use that feeling of apathy that I received. I use that in my daily interactions, in my daily work, because I’m not necessarily the one that’s leading the marches or leading the sit-ins or leading the town hall, but I want to be the one that’s facilitating and projecting the voices and promoting those around me.

Shingles: As I look back as a young



Shawna Patterson-Stevens, vice president and chief diversity officer, introduces herself to CMU students Monday, Feb. 6 in the Sarah and Daniel Opperman Auditorium.

person growing up in this neighborhood that had a lot of violence, a lot of poverty, not a lot of two-parent households, a lot of illiteracy, none of those things, none of those categories, I felt that. As a young person, I would say to my mother, ‘Why doesn’t John,’ who was my best friend growing up and is like a brother to me, ‘Why doesn’t he have the same clothes that I have? Why doesn’t he have three meals a day?’ You don’t understand advocacy of allyship, because we think about some of the identities like racial identity, sexual orientation. Oftentimes allyship comes in embracing others who have less than you have and you get the opportunity to be their champion. I didn’t know that’s what I was doing. I think it’s always been an innate part of me.

Tomson: It wasn’t until I got into the MASS office in 2016 that I really started thinking about how that term could be given to the community of color. I remember actually thinking, ‘How do we turn that around and make other things start learning and start being trained to be allies more than just that one community?’ I feel like I give my allyship to those communities by lifting up their voices and finding the voices and the conversation that need to be had.

How do you think you are still embarking on your journey towards allyship, activism and advocacy?

Tomson: For me, I’m continuing to try to surround myself with people who

have different perspectives than me and allow them to help form the next steps. What you see is what you get and we have a long way to go for new students who are coming in to truly see what our campus has to offer. We still have folks who come to campus and they don’t see communities of color, or they don’t see that until they come for a special visit, or they actually get to spend a significant amount of time on campus. We have more work to do to show them that there is a life, community and support and that students like you all here are making that happen.

Patterson-Stevens: I try to surround myself with people that see the world differently, it keeps me sharp. Plus if I surround myself with more of the same, then I’m not upholding what I say when it comes to inclusion and diversity, right? I surround myself with a diverse group of people. We don’t have to see eye-to-eye, but we still respect and care for one another. I’m also working really hard to lean into the idea of cultural humility. There is something called cultural competency, and in my line of work you have to hit certain types of competencies to at least be hireable, let alone maintain your job. What I believe is that, it’s always going to be a journey. The world is always shifting, and cultural humility asks us to think about learning as a process. It’s always ongoing and always aims for more of it. I understand that it’s never going to stand still and I work really hard to make

sure that I’m not just on the edge but I’m ahead of the curve.

What would you say to a student who is trying to figure out ways to be less performative and more active within their community?

Patterson-Stevens: I have a love-hate relationship with the idea of performative activism because I know what it means: I don’t feel comfortable with us and the idea that especially for those that are actually trying to best their ability, policing the actions of others who are trying to align themselves with the movement, with the cause, with an idea, and sometimes you don’t have the energy. Maybe you don’t know where to start. I think it’s actually dangerous that we put ourselves in a situation where we might be policing how people do activism instead of really putting attention into why we have to put a black square on our Facebook profile in the first place. I think it’s a distraction. It makes us turn on one another instead of turning towards the issue. I think the thing that could be used or the conversation that could be had with that individual is, you’re trying today, that was the best you could do. Give yourself some credit for that because some people aren’t even thinking about that.

To learn more about Black History Month on campus, visit MASS on Instagram.

To find more resources, contact the MASS Office.

Jo Kenoshmeg | Staff photographer

Life in Brief

Michigan Made College Tour launches in Mount Pleasant



Nate Pappas | Visual Editor

Detroit rapper Sada Baby takes down his hair during his performance at the Michigan Made College Tour Friday, Feb. 3, in Finch Fieldhouse. Sada Baby would perform a variety of his popular songs, garnering an ecstatic reaction from the audience.



Nate Pappas | Visual Editor

Audience members shine their phone flashlights on Detroit rapper Sada Baby as he performs at the Michigan Made College Tour Friday, Feb. 3, in Finch Fieldhouse. CMU was the first stop on the tour, which will be going to various colleges around the state.

By Bryce Hollins
Staff Reporter

For an evening, over 1,000 people gathered in Finch Fieldhouse as a group of mostly Michigan artists and Central Michigan University students connected as one.

On Feb. 3, the CMU chapter of the National Panhellenic Council (NPHC) and Truu Colors Entertainment hosted Sada Baby, YN Jay and other mainly Michigan rappers at CMU for the first stop of the Michigan Made College Tour.

For more than two hours, musicians from all across the mitten took turns showcasing their artistry to a cheerful collegiate audience.

Nick LaVelle, Truu Colors Entertainment's owner and tour performer, described the night as a success, though he sees plenty to improve for the future.

"It was way better than I expected," LaVelle said. "There was so much that went into this and so many hurdles we had to jump just to get to this point.

"Now we have something to build on. I see a lot of things I did wrong (and) I can improve on moving forward."

Throughout the event, loud music boomed through the overhead speakers while colorful lights filled the facility. From hip-hop and R&B, dance performances and even some pop music, there was something for everyone.

"My overall purpose for this was to change the view of how CMU sees colored kids on campus," Vice President of the NPHC chapter Calvin Price said. "Change the vibe and the stigma of how they view people of color and concerts. If you look, we haven't had a concert in so long."

Just two days before the concert took place, the venue location was changed and the planned afterparty was canceled.

"The hardest part for me was every time we got four steps forward

where we were with the university it was like we were knocked 10 steps back," Azuare Singleton-Moton, president of the NPHC chapter, said. "We had tasks and stuff to do for the venue every single day up until the day of the concert, and they were still threatening to shut it down."

In the end, music played, the condensed crowd members danced—each seemingly bumping into another—and organizers said the students seemed happy.

"The most rewarding part of the night is seeing everybody enjoy it, especially when Sada came out," Singleton-Moton said. "Everybody got so excited and so happy.

"That's why we do this work behind the scenes, to make other people happy, make them enjoy themselves and have a great college experience."

While Sada Baby and YN Jay were the headliners of the event, 9-year-old rapper and daughter of LaVelle, Savannah Aubrey, stole the show performing her song "Be My Friend."

"When I put the tour together, [Aubrey] was the first person that was on a tour. So it was building around her," LaVelle said. "You know, her being signed to my label, me just helping her with her music and things like that.

"I just wanted to continue to give her a platform and an opportunity."

Throughout February, the Michigan Made College Tour is teaming with Score Gold, a student resource network. For each tour location, two full-time college students will be randomly selected to receive financial help paying for their textbooks for next semester.

The Michigan Made College Tour's next stop is Grand Valley State University on Feb. 11. Tickets are on sale from \$15-\$25 and can be purchased online.

*Central Michigan Life Reporter
Briana Thompson contributed to this article.*

Eats and entertainment in Mount Pleasant

By Elijah Fosmore
Staff Reporter

With Valentine's Day approaching and the cold growing bitter, people are searching for ways to keep themselves entertained and warm. Mount Pleasant provides plenty of local small businesses offering just that.

The following are just some of the small businesses in the community. To read the full story, visit cm-life.com.

Central Escapes

Central Escapes is an escape room venue that recently had its fifth anniversary in January. The building has two separate rooms with different themes, as well as four portable rooms that can be transported and set up at different events.

The two rooms at Central Escapes change roughly every two years. Currently, the themes are "Sweet Escape," a candy shop-themed room and "Dragon's Dungeon."

"It's entertainment," co-owner, Charlene Northon said. "Hands-on game, put your phones away. You know, get off social media and hang out with friends in real life."

To book a room, go to centralescapes.com, or call

989-317-0412.

Jib-Bob Korean Restaurant

Jib-Bob a.k.a. "Mother's Homemade Food" is a Korean restaurant located in downtown Mount Pleasant. It offers a variety of authentic South Korean dishes and an art-filled atmosphere crafted by the owner, Maya Denslow.

Denslow was born and raised in South Korea, where she owned her own art studio and taught classes. She moved to the U.S. in 2008 and began a family here in Mount Pleasant.

According to Jib-Bob's website, Denslow opened the restaurant to provide Mount Pleasant a welcoming place where people can come together and connect with those they care about. She is passionate about helping others appreciate Korean art and culture through her food and the atmosphere of her restaurant.

Ziibiwing Center

While it's not technically a small business, the Ziibiwing Center, located directly across from the Soaring Eagle Casino, offers exhibits depicting different eras of local Native Americans' experience in life, as well as offering a great deal of cultural knowledge.

It's website described the purpose of the center as a distinctive treasure meant to "provide an enriched, diversified and culturally relevant educational experience."

This promotes the belief that the culture, diversity and spirit of the Saginaw Chippewa Indian Tribe of Michigan and other Great Lakes Anishinabek must be recognized, perpetuated, communicated and supported.

Rubbles Bar

Rubbles is a bar located in downtown Mount Pleasant. It's been open for over 30 years, and recently came under new ownership. Rubbles is known for hosting live music and having a variety of patrons, from college students to local business professionals.

Melissa Gross, a manager at Rubbles, said that the new owners wanted to keep the same feeling and appeal to Rubbles, along with keeping the staff from the previous owners. This included continuing hosting live music and karaoke.

Gross said Rubbles has karaoke on Thursdays and live music every Friday and almost every Saturday.

She also said the bands that play at

Rubbles range from local bands to nationwide touring bands. Rubbles is looking into making Tuesday evenings into an Acoustic Night.

For Arts Sake

For Arts Sake offers many different options for an artistic outlet. It has been open just short of two years and in this time co-owner Megan Blair said the business has seen "an insane amount of growth."

For Arts Sake hosts many classes and workshops on different styles of art, taught by various local artists. They also have a rage room, in which customers can break tables, bottles, plates and more to let off some steam. Safety gear is provided and closed-toed shoes are required.

They also have an art boutique in the business, which many local artists have work in.

"I started it (For Arts Sake) because I love art," Blair said. "I see the need in art in our lives (on a) daily (basis), whether it be cooking or music or painting. And I think a lot of people don't have the opportunity to be creative as much as they should."

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The Diner

The Diner is near the Isabella County Fairground. The restaurant's website said it "prides itself on superior customer service, excellent homecooked meals and a friendly, family-like atmosphere."

Along with traditional homestyle meals, The Diner holds a fish fry every Friday from 4 to 9 p.m., with multiple options to choose from.

The Jump Station

The Jump Station is a trampoline park that originally opened as an inflatable park for field trips in 2015. Madison Bologna, a manager at The Jump Station said that it's come a long way since then, with intentions of the business changing after coming under new ownership in 2019.

"The original owners had it for friends and family," Bologna said. "They kind of started out with family in mind. They had young kids. The owners now don't have any kids but they still want something for the community."

She also added that there is no age limit on who can participate, although there are age restrictions on certain features.

The Jump Station offers a variety of activities, including free jump trampolines, a dodgeball area and a basketball hoop on

a trampoline. It also has an inflatable park for kids 10 years old and under, as well as toddler-jump times before normal opening times on Tuesdays and Fridays.

Additionally, a virtual reality gaming room was recently installed, where up to four players can play a variety of different games together.

Walk-ins are welcome, but to book a certain time or view what the Jump Station has to offer, visit thejumpstationmtp.com.

Broadway Theatre

The Broadway theater is located downtown and is operated by the nonprofit, Friends of the Broadway. According to their website, it was purchased by the organization for the purpose of preserving the historic theater and to make it available for performances and community events.

On its website, The Friends of Broadway said its mission is "to renovate and preserve the historic Broadway Theater as a community venue for performances and activities which entertain, educate and culturally enrich our community."

They host a variety of different dramatic interpretations, but also have different events such as VHS movie nights.

Events at the theater can be found at friendsofthebroadway.org.

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Educating on the unspoken

Medical bias against women of color: Stories that change the system

By Masha Smahliuk
Staff Reporter

Bright pink letters on the whiteboard read, "Implicit Bias Implications." Donnesha Blake, Director of Diversity, Equity and Inclusion in the Central Michigan University College of Medicine, stood in front of a classroom of more than 30 people in her pink blouse.

On Monday, Feb. 6, Dow Science 179 hosted a Medical Bias Against Women of Color discussion organized by Faith in Femininity and Student National Medical Association (MAPS).

Juniors Ammy Nguyen, a member of Faith in Femininity, and Keeley Folts, a president of MAPS, started the event with an ice-breaker and a presentation explaining the meaning of the implicit bias, which is an unconscious prejudice.

Then Blake took the stage and began with a poem called 'In 2006 I had an ordeal

with medicine' by Bettina Judd. Blake said Judd's experience reminded of her own.

"When I think about the stories of Black women's mistreatment and bias against Black women in medical institutions, I think of my stories, my mother's stories and her mother's stories," Blake said in her speech. "I think about Bettina Judd and I think about all the women in our past who haunt us."

Blake shared one of her personal experiences of facing medical bias when a doctor told her she was overweight. When Blake asked to show the weight in pounds, the doctor opposed. Blake said she was weightlifting at that time and was at a healthy weight.

Blake said she also sees a bias in the medical system of Black women having a higher pain tolerance. She said it comes from history of the U.S., when doctors used to experiment on enslaved Black girls.

According to the Center for Disease Con-

trol and Prevention, Black women also have higher maternal mortality rates that Blake referred to as well.

Blake continued with a sequence of "What if" questions one of which said: "What if we use better tools, including the lived experiences of Black women to better care for them?"

Folts said the medical system would have been more efficient if the biases were fought.

"(If there was no bias) we (would) just be more well rounded, we would have better doctors, we would have better patient outcomes," Folts said. "People would probably trust their physicians a lot more."

Lindsey Gibb, a CMU junior and an organizer of the event from the Faith in Femininity, said she enjoyed having a conversation and bringing awareness to medical bias.

"Focusing on listening to the experiences of women of color ... when they speak and

not second guessing them or questioning them about their own experiences is a really great way to go," Gibb said.

Attendees of the event, seniors Dasia Myles and Shayla Sanders, said it was important to hear Blake addressing the bias issue. They both said they were impacted by Blake sharing her personal story and perspective.

"I thought it was interesting because a lot of information I already knew was reconfirmed, and I also learned some new things," Sanders said.

Myles said her favorite part of Blake's speech was the idea that in order to better the medical system, patients have to acknowledge doctors that are wrong in their biases.

Blake said when a person hears the word "bias," they start defending themselves.

"People can stay away from it (acknowledging the wrong) when they hear the word 'bias' because they don't want to be seen as

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Jo Kenoshmeg | Staff photographer

Keynote speaker, Dr. Donnesha Blake talks about bias in the medical field to CMU students Monday, Feb. 6, in the Dow Science Building.

a bad person,” Blake said. “I have tried to use different terms ... like ‘unconscious’ or ‘health equity.’”

When an audience member asked Blake what to do if they had bad experience with a treatment, Blake advised them to speak up. She said the best way to change the system

is to share stories and educate.

“It really does rely upon a community to hold yourself accountable to recognize when a person is biased or something to say,” Blake said.

For acknowledging your own biases, Ngyuen recommended taking short

Harvard quizzes that help indicate when you are unconsciously biased. Ngyuen said after the first important step of discovering and acknowledging your bias, people can educate themselves.

“Encroaching and bringing education into the system ... taking active education into the healthcare system ... would do an overhaul and help us change it (system) and see it (bias),” Ngyuen said.

Ngyuen named active learning the best way of education, meaning being involved in the topic. For example, participating in the events that residence and inclusion assistants host in the dorms, keeping the discussion alive and attending events.

Madeline Gibb, fa reshman, is Faith in Femininity vice president. Gibb said it was an impactful opportunity to educate herself on the issue.

“It is so important because people are struggling,” Gibb said. “I can’t imagine what it would be like to go into a doctor’s office and to not receive the care you need because people aren’t believing me because of race. ... That is horribly wrong and it’s an injustice that needs to be fixed.”

Sander said being interested in learning more and attending such events like this one is what’s going to change the

system and help people who are advocating for their needs.

Blake said she was happy with how many people attended the Medical Bias Against Women of Color discussion. She wrapped up her speech with another poem of Judd’s.

She also advised books for additional information on the topic, such as “The Immortal Life of Henrietta Lacks” by Rebecca Skloot, “Patient” by Bettina Judd and “Medical Bondage” by Deirdre Cooper Owens.

“I think sometimes I even get into the thing about ‘stories don’t change things’... but they do,” Blake said. “And so I really wanted to emphasize that today. ... Listening to other people’s stories helps us to also go ‘Wow, I want to know more about what she was talking about,’ and it allows us to do more investigating.”

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Matt Stencel's new role at CMU

'I want to be the guy that I wish I had as a coach'

By Megan Youngblood
Staff Reporter

After being a part of Central Michigan's wrestling team for six seasons, the time had finally come for Matt Stencel to leave Mount Pleasant behind, but coach Tom Borelli had other plans.

"I was still around after the season was over in March," Stencel said. "I kept sticking around and coach Borelli wanted me to stay for this year, and I think that was my plan all along. I did want to coach college wrestling and it's just nice that I get to stay home."

Building his legacy

Stencel began wrestling in the heavyweight division as a freshman (2017-'18), but it was not until his sophomore year that he started becoming the Matt Stencel that the Chippewa faithfully know him as. In that year he qualified for the NCAA championship and earned his first Mid-American Conference title with a team-high 15 pins.

His success continued the following season, as he became the Chippewas 285-pound starter where he led the nation with 19 pins.

In his junior year (2019-20) Stencel became CMU's first repeat All-American since 2013 and earned his first MAC Wrestler of the Year award after ending the season 30-4.

Continuing his success in the 2020-2021 season, Stencel recorded his 50th pin and finished the season 11-2.

In his last season as a Chippewa, Stencel ended his career on a high note. For the fifth year in a row, he was awarded as the MAC Champion and qualified for the NCAA tournament for the fifth time, while also earning wrestler of the year for the second time in his career.

Stencel ended his career with a record of 133-36, ranking him second in program wins and first in pins with 74.



Marie Underwood | Staff Photographer
Volunteer assistant coach Matt Stencel reacts to a call during a meet against Kent State Sunday, Feb. 5, in McGuirk Arena. Stencel made history as a CMU wrestler as the first five-time Mid-American Conference champion.

Taking on a new role

Stencel had the chance to continue his wrestling career on the mat but also on the sidelines with multiple coaching opportunities.

"I had other offers to coach at other places and also had a couple of teams reach out to me for doing international competition" Stencel said. "It's almost like ...

pro wrestling. A lot of guys that have success in college move on and do like Olympic-style wrestling and I had those opportunities as well, but I always knew that I wanted to be a coach. That was my passion ... And I felt like I could be a really good coach and CMU has always felt like home to me."

When the final decision to coach at CMU was made, it wasn't a surprise to Borelli.

"I'm sure being in the program for five, six years had a lot to do with it," Borelli said. "But he wants to coach. He really wants to coach and he knows there's an opportunity for him here to move into our staff because, you know, I'm not going to do this forever."

Being a part of the Chippewas' wrestling squad for over five years, Stencel created a bond with his teammates that he didn't want to let go.

"I built a pretty good relationship with the guys on the team," Stencel said. "I know some of them were pretty excited that I was sticking around. I mean, as much as I am their coach, we're also really close, like, friendship-wise. Those guys feel like I can tell them anything and they could tell me anything."

Becoming his former teammates' coach was an adjustment that Stencel and the team had to get used to.

"I think it was a harder adjustment for them more than it was for me," Stencel said. "I wouldn't say it was a hard adjustment, but it was for sure unique in its ... own way just because, you know, I had to switch my focus from getting myself ready to what can I do to get them ready."

Shifting from wrestler to coach isn't an easy task, but Stencel feels his recent experience plays a big factor.

"I think it's been an easy transition for me because I know what they're going through," Stencel said. "It's so, like, recent in my

mind that I know how they feel and whatnot.

"So, I think that helps because it's a lot of like, communication... and they can trust me and then know that I just went through what they're going through."

Using his experience as a heavyweight, Stencel knows what it takes to build a strong career.

"We didn't have a heavyweight coach," Stencel said. "I want to be that guy who can work out with those big guys and really push them not just early on in their careers, but later on in their careers as well."

Borelli also knows how much of an asset Stencel is for his heavyweight wrestlers and realizes the impact he has had on them so far this season.

"It's really helped Bryan (Caves) case. You know, Bryan is a light heavyweight so Matt's really helping him a lot," Borelli said. "... Just having Matt to wrestle, you know, that's really helped him, but it gives you confidence when you have someone who has the credentials he has to wrestle. I think that's the biggest confidence builder there is for him."

Borelli sees Stencel coming back as an honor to not only him but the program.

"I think that's the ultimate compliment that the coaching staff can give me and that they want me to work here ... and learn from me but also they really want this program to continue and move forward," Borelli said.

In his first season coaching, Stencel has noticed some things that he didn't see as a wrestler.

"The growth that I saw the guys make from the beginning of the year till now, it's something that you don't really notice as an athlete," Stencel said. "But when you're coaching, (it's) looking at the team as a whole. It's much easier to notice how much better that they're getting. And you see the improvement."



'Dead Space': A masterpiece built on blood, bones and space

By Michael Gonzalez
Podcast Editor

Let's take a pause from reality and step into the distant future. You're a spaceship engineer who's heading towards a mining station, the Ishimura, that's sent a distress signal. On top of that, your romantic partner is on that very station.

After a sudden crash landing into the hangar and an ominous understanding that the vessel has been turned into swiss cheese from nearby asteroids, there is now a pressing matter that the station crewmates are large, horrific monstrosities that will stop at nothing to attack you with their pincers-for-arms.

Your name is Issac Clarke and it is officially the worst day of your life.

This story isn't new to players. "Dead Space" is an over-the-shoulder sci-fi horror adventure that took players onto the dangerous Ishimura in 2008. In fact, when the now-released remake was announced, many went back to the 15-year-old game and wondered why this was even happening. Yeah, the graphics have surely aged, but the gameplay is still top-notch.

What you get in the 2023 re-release is so much more rich, intense and clean it will make it difficult to go back to the original.

The biggest improvement players will be quick to notice is the high graphical fidelity of the remake. Frankly, it's nothing short of phenomenal. Faces display true emotions and bones protrude out of creatures' flesh in a way that will make anyone shiver.

The Ishimura sports many details, like bright and positive ad campaigns alongside bloody messages to warn other survivors. Never has the mining colony felt like such a sci-fi marvel and a hellish landscape all at the same time. In a way, the ship has its own eerie character that jumps out at players from every corner.

My favorite new details were on

Issac's suit. The helmet looks more transparent and believable. Zooming in on the Resource Integration Gear (R.I.G.), the vitality system shows that a wire is suspended in the middle of the spine tube that lights it up.

But this isn't the main reason why anyone's playing the game. They're originally here because they want to know just how scary it is.

It's scary. Really scary.

Going back to the original version after playing the remake was a huge shift for many reasons – the biggest being the creatures called necromorphs.

Necromorphs come in many shapes and sizes, but these were previously crewmates of the mining station. Their skin shines of gray, cold flesh while long and sharp spikes come out of their forearms. Some look like a human's been molded and contorted to the shape of a scorpion.

It really depends on what kind of necromorph you face, but no matter what, they'll run at you with zero caution for themselves. The best way to take them out? Shoot the limbs.

This means taking sci-fi mining tools and utilizing them as weapons to take out creatures' arm-pincers and legs. The biggest change from the original version is the necromorphs' reaction to getting shot by plasma cutters, which is now reduced to zero reaction. These parasitic beings do not have pain detection in their systems and will stop at nothing to spread their condition to Isaac.

In the original, one hit might stun the necromorph to a full-stop and make it even easier to chop down and clean house. In the new version, things are much messier to deal with. Because of that, fights get tougher and players will need to really consider their surroundings as multiple creatures may corner you. The only way you can get any reaction out of your enemy is through upgrades on some of your weapons.



Courtesy Graphic: Business Wire/news.ea.com

Dead Space, the ground-up remake of the sci-fi survival horror classic, is now available on PlayStation5, Xbox Series X|S and PC.

This change is slight, yet makes for an adrenaline-filled experience that will be hard to forget.

A great change seen in this remake is the overall environment and lighting of the Ishimura. Largely, the original version was too scared to go completely pitch-black. This can be found in so many games, in fact it's only been recent that developers aren't scared of this concept.

Thankfully, Motive Studio made the right decision and went a step further with it.

The remake includes a clever mechanic that's so simple it's quite shocking it isn't used more often in games: the circuit breaker. As Issac stumbles from objective to objective, he's met with one of the scariest decisions a person in his position could make: should he sacrifice the power for the lights and redirect it to the only door between him and the task at hand?

Of course, the only choice that can be made, reluctantly, is the sacrificing of lights; however, this change is amazing because it puts the action of turning the lights off into the player's hands. Before, the lights might have gone out and it felt more like a trick someone was playing on Issac.

Now, the responsibility is

popped onto players' laps and they have to force themselves into a necromorph hunt in the dark with nothing but a makeshift weapon, a flashlight and an urge to not perish.

What makes these situations even more harrowing is its sound design. Issac's greatest weapons during these moments are his limited vision and his hearing. The sounds of vent doors crashing down and screams of a dangerous foe fill the air, and as Issac's eyes dart around the room to find movement, feet patter on the floor and the music builds to add even more tension.

In the background, the faint sound of Issac's heart pounds at a steady and rapid rate. Suddenly, a flash of flesh and bone hits his light and the tension is at an all-time peak.

Enemies have never been so terrifying in a game, and all of these elements add up to one of the most haunting and entertaining experiences money can buy.

And that's really what it is: an experience. "Dead space" originally felt like a video game that could take players out of reality for a few hours, but due to its shortcomings of immersion, a silent protagonist and some questionable dialogue, it

failed to deliver what the remake has given us.

Now, players can relate to Issac Clarke as he talks with his crewmates and shows my favorite personality in a horror game: a regular, reasonable man that wants to do his job in the worst circumstances imaginable.

The narrative driven by Issac's dialogue, motives and always-changing heartbeat enveloped me in his situation. By the end of the game, I felt like I had gone through these terrors, yet it didn't stop for me there.

Motive Studios added a thing called the Intensity Director, which changes factors like enemy spawn, music buildup and even how much fog is in the room, to always make a new and stressful experience for players. This makes every playthrough completely different from another.

For those that are playing for the experience and story, there are different difficulties that can range from story mode (below easy) to impossible mode. Impossible mode is set on hard difficulty, but with an additional perma-death feature, meaning you only live once in this playthrough.

With a new game-plus mode and the Intensity Director, I immediately jumped back onto the Ishimura on a harder difficulty level. The replayability is some of the best you can get in a game, and I cannot wait to see it again in the coming days.

Motive Studio had the impossible task of remaking one of the most critically-acclaimed horror games and making it good, if not better. Not only did they improve just about every factor of the game, but they made it hard to go back to its source material.

"Dead Space" is an experience I recommend to anyone with the gut to face the unthinkable horrors waiting for them. With a better focus on environmental horror and improved dialogue, this experience is a masterpiece of blood and stress.

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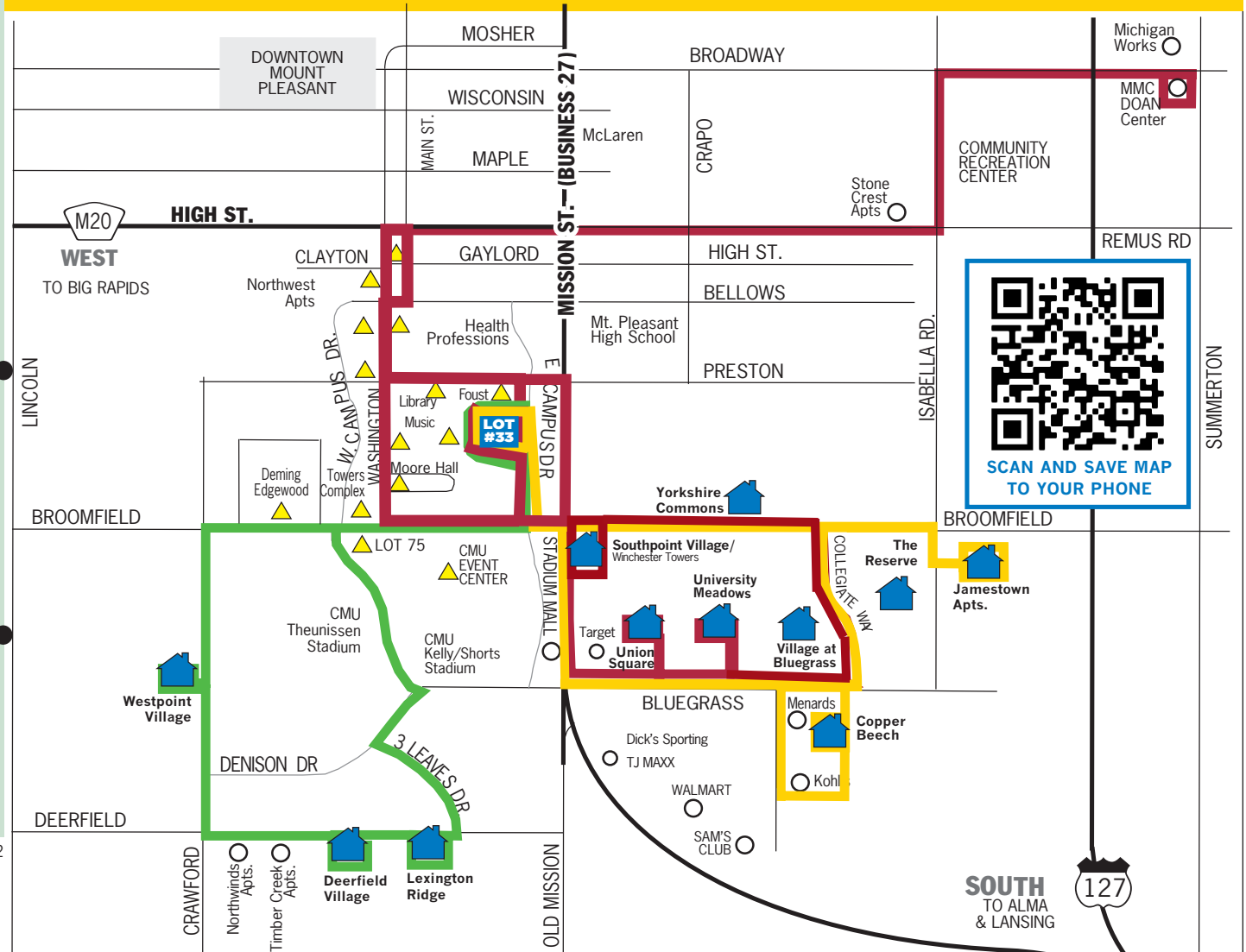
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♥ Happy Valentines Day TJ ♥ We Love You. ♥ KNT ♥

To: Jack
From: Emily
I love you and I'm so grateful for you

To Sweetie,
You got this and you are lovable. Just don't stop. Stay strong and focus what you got to do. Love yourself. ♥

To: Matt
Thank you for being in my life. Thank you for the love you have given me, the confidence, and the kindness you have shown me.
From: Ally

Happy Valentine's Day Wynton!!!
Miss and love ya so much! ♥

Happy Valentine's Day to my very special girls: You three are my world. Mommy, Sage and Elowyn, I love you all to the moon and back. Love, Daddy

Jackie: You rock! From: Janay

Vinni I love you more than my limits.

To my beautiful-hearted friend: I will always be there for you, even when you are low or sad. Love you. :)

To: Rachel Kidder
From: Kailey
Rachel, thank you for being a great friend. I'm so glad CM Life brought us together! Thank you for being there for me. I can't wait for more Doba runs!

To: Vincenzo Russo
You are my light in the dark, my king, never change. That's my favorite saying.

We love you Doodle Bug! XO Mommy, Dad & Hermano

To: Xandria ♥
I am so glad to have you in my life and I couldn't imagine it without you. Happy Valentine's Day! I love you my Zany Wany.
From: Your Secrety Admirer

To Aubre: You're a special friend to me! From: Janay

Thank you for beig my life-time valentine. I wish you all the love, BK. Love you

Love yourself first and love who loves you more. I think Mother's love is the purest love in the entire world.
Be kind to everyone in your life.

My name is Ganesh and I am sending this message to Harshini. She is very beautiful by heart and kindness. She is a very caring person and she will take on everyone, especially on me.

To: Bella Cristen
From: Kailey
Bella! I'm grateful that CM Life brought us together! Thank you for being there for me. I can't wait for more food adventures this semester. Love you!!

To: Kaelan
I'm so lucky to have been able to be with you for almost two years. I am so excited for 100 more. I love you!
From: Rach

Hi Bibi,
Happy Valentine's Day. I hope you have a great year ahead with me. I will irritate you all the time. Hehe ♥ from Bibi.

To Bell:
You rock shawty
From: Ryan Gosling

All my love to anyone struggling with hardship in thier lives. To: anyone and everyone. From: Jones

Wish all the love and success from everyone you meet and be active. Ramya

To Chinni,
Love you a Lot. From: Vishnu

Jai balayya. Jai jai balayya

To: Carson Graden
From: Kailey
Happy Valentine's Day, babe!
Thank you for everything you do. You never fail to put a smile on my face. I love you!!

Wish you forever happiness and love. No matter what I will walk all the roads with you to the last and it's my promise.

To: Emma, Jordan, Katelyn, Jodi and Mitchel
I just wanted you guys to know how much I love you guys! I miss you!
From: JC

Love big hate small.

Happy Valentine's Day Cupcake. ♥
From your Sweet Tea. ♥

To: Tyler
Writing from NYC - Can't wait to be home with you. I love you so much. :) Happy Valentine's Day!
Love: Cassidy

Happy Valentine's Day and Anniversary, Mister Mister! Can't believe it's been a year! So glad you're here!

It's time to match the stars...with you, Valentine!

Quack, quack! Thanks for being my duck hunt buddy, Valentine!

Hey, Big Foot! I have a hot spot in my heart for you, Valentine!

Mama Mia! Music to my ears! You play beautiful bass lines, Valentine!

Mama Beth, thanks for caring for me even though I hate going to the vet and make you chase me! Happy Valentine's Day! Love, Lizzy

To the *Central Michigan Life* team,
Thank you for allowing me to be a part of this amazing group; I'm excited to watch you as you conquer the world. I'm prouder of you than I can say.
Your advisor,

Regan

Andy,
Thank you for joining me on this wild ride and for hitching your star to mine. You are the rock of my existance and the true north on the compass of my heart. Also, we're never moving again.

xoxo



Sweet



Be mine



Love You



xoxo



Hugs



Let us continue to remember: Black History Month

As Black History Month is upon us, it's important for students, faculty and community members to understand the meaning of this annual tradition, but to also challenge it — to want more from it.

So, how did Black History Month start? As National Geographic puts it, in 1926, the Association for the Study of Negro Life and History coined the second week of February as "Negro History Week" as a means of recognizing "the contributions of African Americans to U.S. history."

Before the commemorated history week, there were no records of Black history included in textbooks, according to National Geographic.

Black History Month emerged in 1976, 50 years after the designated history week was enacted. This was a result of former U.S. President Gerald Ford proclaiming that, "Black Americans in every area of endeavor throughout our history," have had accomplishments consistently neglected, National Geographic said.

Is this the true meaning of Black History Month? To take 28 days of February to try and cram in all of the contributions that Black people have made to U.S. history? It is, of course, a necessary tradition; as Ford said, America has continued to neglect Black achievements time and time again.

EDITORIAL

However, as Black History Month goes on, can we not do better? Can we not recognize Black history and Black contributions are just as relevant in U.S. history classes all year round? It can almost be seen as belittling to dedicate one month out of 12 to say, "Here's what you 'contributed,'" as though that is all that matters to U.S. history.

What about existing in a world where you are consistently targeted and stereotyped for the color of your skin? What about educating everyone on what it means to be Black in America and how those who are not Black can be better allies and break out of stereotyping?

What about having these important conversations starting in elementary classrooms when children are just learning about the world and their place in it? Or, having a requirement in high school and college to diversify and expand knowledge beyond the typical Founding Fathers' U.S. history basics?

We can do better. The world can do better. But it starts with us, our generation. And this is not just for Black History Month, but also National Native American Heritage Month, Asian Pacific American Heritage Month, Na-

tional Hispanic Heritage Month and others.

Therefore, get involved on campus this Black History Month. Attend the events that Multicultural Academic Student Services (MASS) has put together to celebrate and educate students, faculty and community members. Get outside of your comfort zone, make new friends that don't look just like you and make people feel welcome just as you wish to feel welcome when you walk into a room.

Go above and beyond. Do not repeat the

mistake that has become second nature — to forget. Once Black History Month comes to a close, and Asian Pacific American Heritage Month approaches, let us not forget the Black community.

Let us continue to strive to put together events on campus for everyone as a means of inclusion and education. Let us continue to integrate courses revolving around culture and history that is not written from the perspective of a white man. Let us continue to remember and never forget.

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Inflation is at 40-year highs. Interest rates are way up. Credit cards; medical bills; car loans. Do you have \$10k or more in debt? Call NATIONAL DEBT RELIEF and find out how to pay off your debt for significantly less than what you owe! FREE quote: Call 1-833-667-1055.

Caring for an aging loved one? Wondering about options like senior-living communities and in-home care? Caring.com's Family Advisors are here to help take the guesswork out of senior care for you and your family. Call for your FREE, no-obligation consultation: 1-833-667-1055.

The Generac PWRcell, a solar plus battery storage system. SAVE money, reduce your reliance on the grid, prepare for power outages and power your home. Full installation services available. \$0 Down Financing Option. Request a FREE, no obligation quote today. Call 1-855-476-9698

Prepare for power outages today with a GENERAC home standby generator \$0 Money Down + Low Monthly Payment Options. Request a FREE Quote. Call now before the next power outage: 1-855-922-0420.

Switch and save up to \$250/year on your talk, text and data. No contract and no hidden fees. Unlimited talk and text with flexible data plans. Premium nationwide coverage, 100% U.S. based customer service. Limited time offer — get \$50 off on any new account. Use code GIFT50. For more information, call 1-855-947-2891.

AUCTIONS

Complete White Star Auction, Inc. business liquidation. Live Absolute Auction, Saturday, February 18, 2023 at 10 a.m. 671 W. Chicago Road, Bronson, MI. Forklifts, Vehicles, Bleachers, Industrial shelf units, Much more! Complete list and details at: www.SnowmobileAuction.com, 517-369-1153.

2017 Polaris Ranger XP 1000 Crew w/cab, Polaris Ranger 500, 16' tandem trailer, HD round bale feeders, 6' Rotary cutter, Horse trailer, Grain bins, More! Dosson Estate Online Auction. Bid thru Feb. 15, sherwoodauctionservicellc.com 1-800-835-0495.

Live Auction Saturday, February 18th, 12 Noon. 1696 Roads Lake Road, Lapeer, Michigan, 48446. Farm tractors, Professional woodworking shop, Tools, Equipment, Household, Antiques, Primitive Tools, Large anvil, Welders, Household and more. Details at: ColesAuctionService.com 1-810-397-3199.

TV & INTERNET

Get DIRECTV for \$64.99/mo for 12 months with CHOICE Package. Save an additional \$120 over 1st year. First 3 months of HBO Max, Cinemax, Showtime, Starz and Epix included! Directv is #1 in Customer Satisfaction (JD Power & Assoc.) Some restrictions apply. Call 1-888-351-0154

DISH Network. \$64.99 for 190 Channels! Blazing Fast Internet, \$19.99/mo. (where available.) Switch & Get a FREE \$100 Visa Gift Card. FREE Voice Remote. FREE HD DVR. FREE Streaming on ALL Devices. Call today! 1-866-950-6757.



GROUP *fitness* FREE WEEKLY FITNESS CLASSES

Monday

Release & Restore

6pm-6:30pm in Wellness Studio

Meditation

6:30pm-7pm in Wellness Studio

MMA Fit

6:30pm-7pm in MP Fit

Tuesday

Cycle

8am-8:30am in MP Fit

Hatha Yoga

6pm-7pm in Rose 134

Strength

6pm-6:45pm in Wellness Studio

Meditation

6:30pm-7pm in Wellness Studio



Wednesday

Release & Restore

6pm-6:30pm in Wellness Studio

Meditation

6:30pm-7pm in Wellness Studio

MMA Fit

6:30pm-7pm in MP Fit

Thursday

Cycle

8am-8:30am in MP Fit

Strength

6pm-6:45pm in Wellness Studio

Nepali Dance Fit

6pm-7pm in MAC Gym 1

Hatha Yoga with Meditation

7pm-8:15pm in Rose 134

FITNESS & *wellness*

All classes are first come, first served!
Check our Social Media for more information @URECCMU



McLaren Community Days at the
Central Michigan University - Student Activity Center
Tickets are only \$4.95 per person!
(ages 3 and under are free)



Upcoming Dates:
(2pm-5pm)

February 11th
March 11th
April 15th

CFX 95.3 Proud partner of McLaren Community Days

Your \$4.95 ticket includes the following activities for FREE:

ESports, Racquetball, Walleyball, Ping Pong,
Billiards, and Open Swim

SIGN UP NOW FOR IM SPORTS!

Registration closes soon for the following:

#cmulmsports

PING-PONG/TABLE TENNIS

TO CLOSE 2/16 AT MIDNIGHT

eSPORTS FORTNITE

TO CLOSE 3/8 AT MIDNIGHT

INDOOR BASKETBALL

TO CLOSE 3/15 AT MIDNIGHT

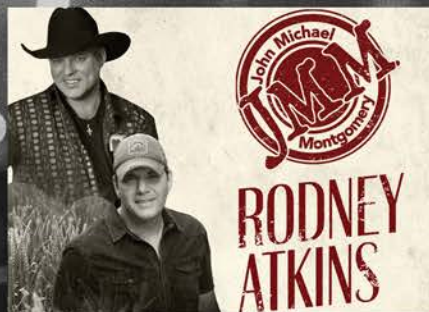
INDOOR SOCCER

TO CLOSE 3/15 AT MIDNIGHT

REGISTER AT IMLEAGUES.COM/CMICH

"WE INSPIRE ENGAGEMENT"

BRINGING YOU THE BEST IN LIVE ENTERTAINMENT



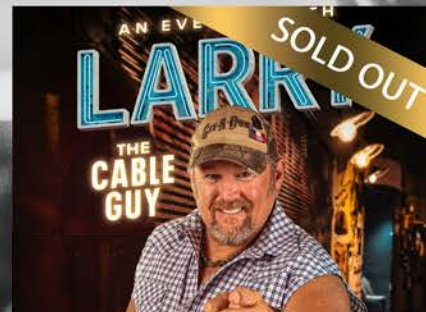
**JOHN MICHAEL MONTGOMERY
& RODNEY ATKINS**

SATURDAY, FEBRUARY 25 | 8:00PM
\$41, \$51, \$67, \$75



**SKILLET & THEORY OF A DEADMAN:
ROCK RESURRECTION TOUR**
WITH SPECIAL GUEST SAINT ASONIA

SATURDAY, MARCH 4 | 7:00PM
SOLD OUT



LARRY THE CABLE GUY

FRIDAY, MARCH 10 | 8:00PM
SOLD OUT



VODKA PASTA

SATURDAY, MARCH 11 | 6:30PM
\$75 GA, \$125 VIP



KOOL & THE GANG

SATURDAY, MARCH 18 | 8:00PM
\$40, \$50, \$66, \$74



REO SPEEDWAGON

SATURDAY, MARCH 25 | 8:00PM
SOLD OUT



JORDAN DAVIS

FRIDAY, APRIL 7 | 8:00PM
\$44, \$54, \$72, \$78



**MAXWELL
THE NIGHT TOUR**

FRIDAY, APRIL 14 | 8:00PM
\$69, \$89, \$102, \$109

Complete show lineup available at SoaringEagleCasino.com

Visit the Soaring Eagle Casino & Resort box office, purchase two or more tickets (*prior to day of show) to any show with cash or credit and receive **\$20 in Premium Play** on the day of show.

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